# **Center for Families Fun Family Events**

The following is open to all families in Cambridge with children 0-8. For more information, call us 617-349-6385.

## Pajama Story Time

Wednesdays, September 25 & October 30, 6:45pm-7:30pm

O'Neill Library (70 Rindge Ave.)

Come to the library to listen to stories, read with your children, and have a snack before bed. Feel free to come dressed in your pajamas, and also to bring a favorite book to share. *For more information, contact Cynthia at cwoodward@cambridgema.gov, or 617-349-6385*.

## Movement & Yoga for Parents & Children

Saturday, September 14 10:30-11:30am

Center for Families, 70 Rindge Ave.

A movement-based class for parents and children ages 3-8 years old, where they do relaxing exercises and yoga together. Please wear comfortable clothes. To register contact Christine at 617-349-3003 or <a href="mailto:cdoucet@cambridgema.gov">cdoucet@cambridgema.gov</a>.

## **Cooking Healthy Food for Parents and Children (3-8 years old)**

Saturday October 26, 10:00 to 11:30 am

Peabody School, 70 Rindge Ave., Afterschool room

Come to a fun, interactive, multisensory nutrition education program where food-related stories and songs will be shared and yummy nutritious delights will be cooked and tasted together.

Presenter: Jackie Newman, Dietitian-Nutritionist.

### Zumba! Free for Families Who are Registered with the Center for Families

We will be offering free Zumba classes on *Tuesdays & Thursdays 6:30-7:30 pm starting in September*. Join us and dance your way to a healthy and toned body with this fusion of Latin music and dance themes! Meet other Cambridge parents, too! You must register for this class. For more information, call 617-349-6385.

#### **Area IV Pride Day**

Saturday, September 7, 12:00pm -5:00 pm Clement Morgan Park

Come join us at the 11th annual Area 4 Community Pride Day event that will be held at Clement Morgan Park (Columbia Park), surrounding Columbia, Washington and Pine streets.

This year's Area 4 Community Pride Day promises to be a great time for the whole family. There will be plenty of delicious food and live entertainment, not to mention pony rides and bouncy houses to keep the kids occupied. Please join us to celebrate the pride and support we all have for the Area 4 community.

#### **Danahy Day**

Saturday, September 21, 11am—4 pm Danehy Park, 99 Sherman St. Rain Date September 22nd!

Enjoy a fun-filled day of children's amusement rides, arts and crafts, music and roving performers, plus free hot dogs, chips, sodas and T-shirts while supplies last! Check out performances throughout the day at the children's stage. Other special giveaways include colorful kites that appeal to kids of all ages!

Picnics and lawn chairs are encouraged. For more information, call 617-349-4301

Shuttle buses will be running throughout Cambridge to provide transportation. Danehy Park can be reached by public transportation: #74 bus or #78 bus from Harvard Square; #83 bus from Central Square; or take a shuttle bus from the Alewife MBTA Station.